



MOUNTAIN TRAIL

What is Mountain Trail?

Mountain trail is an opportunity to experience the feeling of a back country trail ride as well as prepare you for obstacles and challenges you may find out on the trail, in a structured but relaxed environment. It teaches horses to become responsible for their feet and as your horse learns to navigate safely over logs around rocks through water and tricky terrain they learn their job which is to keep you safe!

Humans and horses learn confidence as we guide our horses through the obstacles, patience as they wait quietly for their next cue, and respect for our cues as they learn to move in a willing and safe manner. It is a discipline that can create a trusting partnership between you and your horse. Always remember it is the horse's job to keep us safe while it is our job to tell them where and how fast to put down their feet...sounds simple.

A mountain trail course offers unlimited obstacles and elements to enhance all levels of horsemanship and training. Courses consist of several basic obstacles, such as bridges, trestle and suspension, balance beams, saw-buck logs, rock quarry's and water crossings. Mountain Trail is beneficial to all ages of humans, all breeds of horses, all disciplines - barrels, cutting, western dressage, hunter, jumper, dressage and endurance all the while reinforcing and developing the horses overall physical and mental well-being as their feet and brain connect. The horse now seeks the trail. Mountain Trail helps to develop and maintain a quiet, thoughtful mind and has proven beneficial for timed event horses wanting to rush forward.

Mountain Trail is a discipline that can create a trusting partnership between you and your horse. The obstacles are each judged out of 10 points giving horses a specific job and engages the thinking side of the brain. Classes offered are Novice, Intermediate and Open.

This sport is an amazing diverse cross training tool that can be accomplished by all breeds and ages of both horse and rider with any style of rider wanting to learn. You can do In Hand or ride it is up to you. It really is an opportunity to have a unique willing relationship with your equine partner.

Best of all, it is fun and relaxing for both you and your horse!

For more information please contact Dawn Ferster at damarhetraining@gmail.com